

NORTON STREET

November Calendar 2023 | (phone: 3343 9282)

MONDAY 30 th		TUESDAY 31 st		WEDNESDAY 1 st		THURSDAY 2 nd		FRIDAY 3 rd	
11-12:30	Art Group Pumpkin Carving or BYO fruit or Veg	10-12	GYM group Cost: \$5	10am	Outing – Main Beach Cost: \$4 Leave Norton at 10am	11am	Blooming Minds	10-12	Gardening Group
		1pm	COMMUNITY MEETING						
		2-3	Music Appreciation						
2-3	Peer Zone	3-4	Jam Session	2 - 3	DBT-Lite	2pm	Creativity Club	3pm	CENTRE CLOSING AT 3PM – TEAM DAY
		MONDAY 6 th		TUESDAY 7 th		WEDNESDAY 8 th		THURSDAY 9 th	
11-12:30	Art Group Origami	10-12	GYM group Cost: \$5	10am	Outing – QLD Museum Cost: \$4 Leave Norton at 10am	11am	Blooming Minds	10-12	Gardening Group
		2 - 3	Music Appreciation						
2 - 3	Peer Zone	3 - 4	Jam Session	2 - 3	DBT-Lite	2pm	Creativity Club	2 - 4:30	Activity Arvo
		MONDAY 13 th		TUESDAY 14 th		WEDNESDAY 15 th		THURSDAY 16 th	
11 - 12:30	Art Group Zines	10-12	GYM group Cost: \$5	10am	Outing – Bribie Island Cost: \$4 Leave Norton at 10am	11am	Blooming minds	10-12	Gardening Group
		2 - 3	Music Appreciation						
2 - 3	Peer Zone	3 - 4	Jam Session	2-3	DBT-Lite	2pm	Creativity Club	1:30 – 4:30	Activity Arvo
		MONDAY 20 th		TUESDAY 21 st		WEDNESDAY 22 nd		THURSDAY 23 rd	
11 - 12:30	Art Group Fidget toys from nuts and bolts	10-12	GYM group Cost: \$5	10am	Outing – Ice Skating Cost: \$17 Leave Norton at 10am Community pay for their spot	11am	Blooming minds	10-12	Gardening Group
		2 - 3	Music Appreciation						
2 - 3	Peer Zone	3 - 4	Jam Session	2-3	DBT-Lite	2pm	Creativity Club	2-4:30	KARAOKE
		MONDAY 27 th		TUESDAY 28 th		WEDNESDAY 29 th		THURSDAY 30 th	
11-12:30	Art Group Air dry clay	10-12	GYM group Cost: \$5	10am	Outing – Surfers Paradise Cost: \$4 Leave Norton at 10am	11-12	Blooming minds	10-12	CENTRE CLOSED AGM
		2 - 3	Music Appreciation						
2-3	Peer Zone	3 - 4	Jam Session	2-3	DBT-Lite	2 - 3	Creativity Club	2 - 4:30	



Address: 88 Norton Street, Upper Mt Gravatt | **Hours:** Mon, Tues, Wed, Thurs, Fri: 9:30am – 5pm | **Warm Line:** Mon - Fri: 5pm – 9pm

NORTON STREET CALENDAR INFORMATION

Art Group

Let your creativity flow! Try out an assortment of different art mediums while chatting about life and recovery. All levels of artistic experience are welcome to join. All you need is enthusiasm to create and connect.

Peer Zone

A welcoming space to discuss recovery and mental distress with others who also experience it. Explore topics such as mental wellbeing, physical wellbeing, self-management, using services, housing, work, income, relationships and life purpose.

Blooming Minds

Throughout October, we will be focusing on how mental health is portrayed in different forms of media. It will be an interactive group where we will be discussing some of the ideas around mental health in books and movies.

Music Appreciation

A respectful space to explore your musical journey and music appreciation. Open up your mind to different types of music and explore the feelings that arise with self-compassion and acceptance through fun explorative activities.

Jam Session

Bring your own instrument or use one of ours, to jam out with some likeminded people.

Outing - \$4

Join the team for a fun experience exploring. Please arrive at Norton Street by 10am or meet us at the outing location (phone to let us know).

Sign up is essential

DBT-Lite

A no commitment, chill version on DBT (abridged) group that covers almost all the major DBT skills. It's a great way to dip your toes in if you are considering to commit to the more structured one, or if you wanted to refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome

Gym Group - \$5

An inclusive group for those wanting to try out the gym in a low-stakes, supportive environment.

Location: HELFI GYM at Woolloongabba

If you would like to join speak to Lachy and he will tell you what you need to bring:

lachlans@brookred.org.au

First session is free

Creativity Club

A social space to exercise your creative muscle, grow self confidence and broaden horizons. Bring along something you've made or enjoyed to Show & Tell, take part in our Mindful Media discussions and challenge yourself with games designed to bring out your creative side.

Activity Arvo

Active space for board games, in house games or playing ball in the park. A community initiative to staying active and fun on the last day of the week.

Karaoke

A fun sing along and Karaoke arvo for the whole community. Come join us for a fun, non-judgemental space where everyone is welcome.

Community Meeting

Have your say on how your community runs! Join us on the first Tuesday of every month to have your say and get updates on the future of the community

Gardening Group

For the first half hour we will sit down to learn a new gardening skill. Then we will spend time tending to our garden, compost and worm farm. Bring closed in shoes and get ready to get your hands dirty as we help our garden grow



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